

# USS Frank Cable Ombudsman Newsletter

January/February 2006



## From the Bridge

Despite a tragic December, 2006 was a tremendous year for the FRANK CABLE. Your sailors earned the reputation as SUBGRUSEVEN flag ship and sailed throughout the Pacific, from Malaysia to Japan. The ship added some impressive capabilities including performance as an escort for a submarine transiting the Strait of Malacca, an outstanding 7 of 7 torpedo retrieval in the East China Sea, the first nuclear valve repairs in many years, and first ever SSN availability in Diego Garcia and K-pier. We have seen our sailors promoted and staying Navy at a rate that has earned the ship the Golden Anchor for retention excellence – I believe that is because on FRANK CABLE sailors care about each other.

Over the course of the year we have said good-bye to some wonderful shipmates and hello to others who have eagerly stepped in to fill their shoes. We have two new Ombudsmen and a new Family Support Group president who are driving a closer, more informed, family network. We have had tremendous success reaching out to families through Steak and Spuds, Santa Breakfast, two dependent's cruises, and host of other activities. I ask that you get engaged and that if you are already a part of this great network reach out and lasso someone who has not yet found this source of camaraderie.

The year ahead will present more challenges. In the first four months the ship will undergo a major maintenance availability. This will cause us to have to move off the ship while many of the habitability systems are refurbished. In addition to the previously scheduled maintenance, we will also conduct repairs and newly designed upgrades to the boilers to assure and prevent the type of accident that befell the ship on 1 Dec. It will be a grueling four months, but the reward will be a ship that is ready once again to go to sea and conduct its mission throughout the AOR in support of our Nation's Security Strategy.

As we look to this near term maintenance challenge, let us not forget our shipmates in San Antonio who are faced with challenges that are more than we can imagine. Keep them in your prayers.

I look forward to seeing you soon.  
L Goff

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## A Special Thanks!

Our Christmas Party Set Up Volunteers:



**Standing L to R:**  
Jessica Hawes,  
Erin Rogers,  
Diana McNeil (FSG  
President),  
Rayna Grindley  
(Ombudsman)  
**Sitting: L to R:**  
Missy Duff,  
Kristy Harmon.

*To all of our Volunteers, your support  
and time mean so much to all of us! We  
couldn't have these events if it weren't for  
your hard work and time!*



Support YOUR troops.....

*Welcome to the  
Family Support Group FSG*

## Happy New Year to All,

What a year it has been! As I look back over the last year I realize it has been a busy one for the Family Support Group. Some of the events we have done this year include the Easter Party for the children, 2 very successful Steak and Spuds. Bingo for the kids and parents while the ship was gone. There was also a great group of volunteers that served the crew breakfast and lunch when the mess decks were being remodeled and while the ship was underway. We said good bye to Malina (OMB) and Kymberli (FSG), and wished them well as they left the island for bigger endeavors. We also welcomed our new Ombudsman, Rayna and Michelle and wish them all the luck as they start the New Year. We ended the year with a visit from Santa Cause during the Children's Christmas Pancake Breakfast. All these events could not happen without the support and help of the volunteers. Thank you all for everything you have done.

If you are interested in joining the Family Support Group you can join by contacting me at [cable\\_fsg@yahoo.com](mailto:cable_fsg@yahoo.com) or by going to the yahoo group site at cablefsg and clicking on "Join this Group". What will the New Year bring? Only time will tell! Let's make this year just as eventful and successful as the last. I hope to see you at the meetings!

Wishing everyone a healthy and prosperous year,  
Dian McNeil  
Family Support Group President



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## Spot Light on Resources:

**Your Ombudsman share a "Duty" phone, and alternate who carries it. You may contact them for routine questions between the hours of 7am - 6pm Monday - Friday. Emergency phone calls 24 hours.**

**Michelle York and Rayna Grindley  
OMBUDSMAN, USS FRANK CABLE (AS 40)  
687-0752 cell**



**USO Guam is located in the heart of the Tumon tourism district, inside the Royal Orchid Hotel!**

**The USO is a comfortable place to relax and unwind! In our cozy-but-lively atmosphere, you can enjoy:**

- free coffee & popcorn
- a big screen television
- movies
- free internet access
- free multi-media games
- and more!

Our friendly staff and volunteers will assist you with information about Guam, and can help you with any transportation or lodging needs you may require. The USO also provides literature and information about special military programs and discounts available on the island.

**We hope to see you soon!**

**Please call us at: 671-647-4USO (4876).**

## Command Pride:

There is no doubt that we, the spouses of the Military, are one of the most proud and close nit spouses of *any* profession. Often we get caught up in on our own lives and forget to recognize that.

We are part of our Sailors Command. We are the silent ranks of the Military. We also have a lot to be proud of. **Not only** in the accomplishments of our individual Sailors, but in the accomplishments of the Command.

Command Pride is not just waving a banner or a T-shirt with the designation on it. Command Pride is what you do everyday being a strong Military Spouse.

As spouses of the Active Duty Military, we must be self reliant, strong both physically and mentally and find our own way during those times we are left to deal with the day to day issues "alone".

As a Military Spouse, you have no doubt gathered experience and knowledge that could be useful to new spouses or spouses like my self who are at their first duty station away from home.

**If you are a mom, dad, or a spouse of Sailor, share your knowledge & experience! Post your "tips" at:**

**<http://groups.yahoo.com/group/CableFSG/>**

If you are not already a member, just apply to join at the same link.

**Looking forward to hearing from all of you!!**



# USS Frank Cable Ombudsman Newsletter

## WELCOME ABOARD!

The Frank Cable Family would like to welcome all 152 new Active Duty Members! Some of you were Single Sailors, some with families.

Frank Cable Family, I urge you to reach out to these new members of our family who may have moved on to your street and to have your active duty member reach out to the single Sailors, Welcome them to our Command and to the great island of Guam, Where America's Day Begins!



## Meet a Frank Cable Family!

Meet MM3 Donaldson and his Family. Wife Mayme, daughter Brooklynn Faye (19 months) and their newest addition Abegail Rose (3 weeks). They arrived on Guam June of 2006.

Mayme says about her time on Guam and the Frank Cable:

"I have enjoyed our time here in Guam and under this Command. My favorite thing about this duty station so far is all the beauty and blue water you see EVERYWHERE you go! Learning a new culture without having all the boundaries of another language."



We are looking for announcements for our next newsletter in March/April! Please send your Birth Announcements, Engagements..... Any special event you wish to share with **Your Frank Cable Family!** Please send a photo (of your new baby, or the happy couple) if you wish to have it in the newsletter. Depending on how many requests we get, we may not be able to post all pictures, but will do our best!! Please send to: **[cableomb@yahoo.com](mailto:cableomb@yahoo.com)**



## USS Frank Cable Ombudsman Newsletter

Lets Take time to Remember:

To the Sailors and families in San Antonio. Our thought's and prayers are with you everyday as you recover. You are all hero's to your Frank Cable Family!  
God bless you all!

Let us all keep the family of MRFN Jack Valentine in our prayers and recognize him as the Hero he is and give thanks to him and his family for his service.



If you, your loved one or co-worker wish to speak to someone to help cope with feelings of anxiety or grief, please do not hesitate to contact the Ombudsman, Chaplain, or speak to your Chain of Command.

As requested, here is the information about how to provide donations for the Families of injured FRANK CABLE Sailors. The reality of the matter is that the families tending to our injured sailors have and will continue to be challenged financially as they work through how to remain bedside with their loved ones. This is not a solicitation.

Individuals requesting information on helping these families financially can send contributions to:

**FRANK CABLE Heroes Fund**  
**c/o Lutheran Church**  
**787 W. Marine Corps Drive**  
**Hagatna, GU 96910**

# USS Frank Cable Ombudsman Newsletter



## Chaplin's Corner:

### Chapters of Life

By Chaplain Andrew Sholtes

My goddaughter, Erika, has just sent me her pictures from a pilgrimage she took last year from Pamplona to Finisterre ("The end of the World" as the Romans named this western-most town of Spain). The 800 km long route is called the "El Camino" for the last 1,500 years. Millions of devout Catholics have taken this journey from the grave of Saint James to the "End of the World", Finisterre. Erika claims that her life was profoundly and irreversibly changed by the spiritual impact of the month long hike in the Pyrenees. She started referring to events of her life before and after of the pilgrimage.

I wouldn't be surprised if you have similar defining moments or experiences in your life. Some of our shipmates mark their lives before and after of the recent steam explosion. Their lives were changed forever in a few seconds. Many will carry the wounds for the rest of their lives, some scars are going to be obvious but most are going to be invisible.

Millions of people designate New Years Day as the beginning of a new chapter in life; they make promises and vow to implement changes. Most of these are not lasting because the event, the beginning of a new calendar year, is not significant enough.

We go through many chapter-ending and -starting events in the Navy. PCS moves, promotions, and school assignments inherently represent a new beginning. Our defining moments, however, carved their prints in our souls disregarding all calendars. It takes a spiritual eye to be able to see and evaluate those invisible scars.

What are your defining moments in life? Where are your spiritual scars, and what did you do about them? How did the defining experiences change you?

**I am the accumulative sum of all of my past experiences. Do you know who you are?**



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<b>January</b>	<b>2007</b>		<b>*important dates</b>	<b>*FFSC 333-2056/57</b>	<b>* Rec N Crew 564-1826</b>	<b>*McCool Notes</b>
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PMA 07 9Jan07-27Apr07	1	2	3 Library # 564-1836 Story Time is EVERY Wed.	4 FSG MEETING 7pm	5 Shift to Romeo Pier	6
7	8 Galley Shut Down until PMA is completed	9 Vendors on Pier until PMA completed	10 Hike Tarzan Falls EZ/Mod *1day class Disaster Preparedness *10 <sup>th</sup> -12 <sup>th</sup> Parenting Your teen	11 WELCOME TO GUAM ORIENTATION *10 <sup>th</sup> -12 <sup>th</sup> Parenting Your teen	12 Day 2 or Orientation (Tour of Island) *10 <sup>th</sup> -12 <sup>th</sup> Parenting	13 2 <sup>nd</sup> Leave Period ends Horseback Riding Spelling Bee
14 Kayak Umatac to Cetti	15 Martin Luther King Jr. day  No School	16 Kindermusik Starts School Board Meeting	17 Family Hike  SAVI Awareness Workshop: "Cycle of Violence"	18 Chief Petty Officer Exams	19 Anger Management Class	20 Jungle Boat River Cruise
21	22 Guam Symphony Society hosts Annual Young Artists Competition at UOG@ 7pm Free/open to public	23	24 Kayak Ylig River	25 End of 2 <sup>nd</sup> Quarter and First Semester	26 NO SCHOOL	27
28	29 Softball Reg. starts at CKG	30	31			

\* Call Rec N Crew for more information or to RSVP at 564-1826 [http://www.mwrguam.com/rec\\_n\\_crew.htm](http://www.mwrguam.com/rec_n_crew.htm) for more information signup is required for all trips. Call for more information on deadlines for signups.

\* Call Fleet and Family Service Center to get more information about any of the classes or services offered. 333-2056/57

\* McCool School News ( will try to get GHS for future newsletters! I'm just going off what my son's teachers sent me as a parent!)



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February	2007					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Black History Month</i>			Library # 564-1836 Story Time is EVERY Wed. 3 to 3:30 p.m.	1 FSG MEETING 7pm	2 MWR Family Fun Day Preteen&teen Billiard Tourny @1600 @ CNM	3 Rugby "True Grit International Tourney" Free Admission
4	5 Typhoonz: Super Bowl XLI Party Doors Open at 7pm	6	7 Family Hike Mt. Tenjo (Easy) 8:15 show \$5 adult \$3 child	8	9 Pre-teen & Teen Bingo Night 1830-2000 @ CNM Teen Center 564-1838	10 Cultural Dance Festival Gef Pago in Inarajan Free Admission
11 Family Kayak Talofofo River (easy) \$15 single \$25 double	12 Tap Workshop (Spouses Welcome) 12 <sup>th</sup> -16 <sup>th</sup>	13 Tap Workshop	14 ♥Valentines Day♥ Tap Workshop	15 It's your Move (Savings and Investing) Tap Workshop	16 Softball Reg. Deadline Tap Workshop Healthy Heart 5k @ USNH 6am WEAR YOUR RED!	17 Libraries: St. Patrick's Coloring Contest Start Today Due March 4th
18 Kites for Wishes Asan Park Free Admission	19 Orote Point Lanes: Presidents day 9 pin no tap bowlin tourney \$25 564-1828	20	21 ASH Wed. Written Marketing Tools Kayak Spanish Steps \$15 s/\$25 d	22 Softball Pre-Season Tourn. NBG CNM Teen Center X-Box Tourny 1600-1800	23 Sress Management	24 Texas Hold'em Tournament Rules & Info MWR admin Office
25 Umatac Discovery Day and Moto Race Round 1 Free Admission Show	26	27	28	*FFSC 333-2056/57 *important dates		



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### Drinking Responsible

We would like to take this time to address the drinking and driving issue. We all need to watch out for each other as spouses, friends, and sailors. The ship offers a lot of options to you Active duty. Please if you choose to drink , do it RESPONSIBLE.

Always have a DD. The ship offers this options to you with no questions asked. Drinking is fun, a stress reliever, But could be very dangerous if your not responsible.

Life is to short, Don't make a choice that could make it shorter.

Drinking and Driving is not tolerated in life, in the U.S.N. or in the U.S. You do it your breaking the law. Please use your resources that are given to you if your going to drink. BE RESPONSIBLE.

The Frank Cable has a average of 6-8 DUI incidents a year. 2006 we had four, we cut it in half, The goal for 2007 is to cut it in half again. Let's pulled to together as the Frank Cable Family and make it happen. Look out for Everyone.